



Episcopal  
**SENIORLIFE**  
Communities  
Life. Inspired every day.

# RIVER EDGE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

## **FREE Activities: June 2019**

*River Edge Manor*  
535 Mount Hope Avenue, Rochester, NY 14620

**Balance Class: Mondays at 9:45 a.m.**

**NO CLASS 6/10**

This exercise class is a low impact, sit/stand program designed to increase balance, strength, endurance and flexibility in order to decrease falling incidents.

**Fit & Flexible: Tuesdays at 12:30 p.m.**

**No Class 6/25**

This exercise class is a low impact, sit/stand program designed to increase balance, strength, endurance and flexibility in order to decrease falling incidents.

**Senior Yoga: Wednesdays at 11:00 a.m.**

**NO CLASS 6/12 & 6/19**

This class adapted for any experience level. Yoga mats, blocks and straps provided or bring your own.

**SilverSneakers® Classic: Thursdays at 11:30 a.m.**

**NO CLASS 6/20**

A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

**Colored Pencil Art Class: Mondays 6/3 & 6/17 at 10:30 a.m.**

Enjoy creating artwork with colored pencils with the guidance of an art teacher. Supplies provided.

### **ESLC Transportation Service Available!**

ESLC Transportation Service available to and from all programs, as well as to medical appointments, the grocery store, errands, etc.

To request a ride, register for lunch, or if you have any questions, call 585.546.8439 x3718.